



GREEN'S FRUIT GROWER AND HOME COMPANION.

ROCHESTER, N. Y., NOVEMBER, 1897.

VOL. XVII. NO. II.

OUR HEALTH DEPARTMENT

Value of the Egg in Sickness.

The value of eggs as food in certain diseased conditions is pointed out by Dr. C. E. Boynton. When fever is present and appetite nil, he says, what we want is an aseptic article of diet, the white of an egg, raw, serves both as food and medicine. The way to give it is to drain off the albumen from an opening about half an inch in diameter at the small end of an egg, the yolk remaining inside the shell; add a little salt to this and direct the patient to swallow it.

In typhoid fever the mode of feeding materially helps us in carrying out an aseptic plan of treatment. Furthermore, the albumen to a certain extent may antidote the toxins of the disease. Patients may at first rebel at the idea of eating a raw egg, but the quickness with which it goes down without the yolk proves it to be less disagreeable than they supposed, and they are very ready to take a second dose. —Pacific Medical Journal.

Danger in all Stimulants and Narcotics.

The use of coca, wine and such stuff is continuing many persons. A student writes to a contemporary that she has chewed coca leaves for over three months, and has done more work than she used to in six months. The poor, simple girl is in the same condition as the drunkard. It has been said that coca in any form does not create force or energy, but, in some mysterious way, it sets every latent and reserve energy in the body in motion. Thus the abnormally stimulated system uses up energy needed for emergencies, and at last collapses. By its anesthetic action it destroys or deadens the sense of hunger, and food is not craved, thus adding another element of final exhaustion. Even strong coffee or tea habitually used can conceal a man's breaking condition from him for many years. Tobacco does the same.—Christian Advocate.

What to Try.

Try cranberries for malaria. Try a sun bath for rheumatism. Try clam broth for a weak stomach. Try cranberry poultices for cystitis. Try a wet towel to the back of the neck when sleepless.

Try swallowing saliva when troubled with sour stomach.

Try buttermilk for removal of freckles, tan, and butternut stains.

Try breathing the fumes of turpentine to relieve the whooping-cough.

Try taking your cod-liver oil in tomato sauce if you want to make it palatable.

Try a hot, dry flannel over the seat of menstrual pain, and renew it frequently.

Try a cloth wrung out from cold water, put across the neck at night, for sore throat.

Try walking with your hands behind you if you find yourself becoming bent forward.

Try planting sunflowers in your garden if compelled to live in a malarial neighborhood.—Health Monthly.

Fruits as Food.

Dr. Sophie Lepper, the English food specialist, says in speaking of peculiarities of various foods, that:

Blanched almonds give the higher nerve, brain and muscle food; no heat or waste.

Walnuts give nerve or brain food, muscle heat and waste.

Green water grapes are good blood purifiers, but of little food value; reject pipes and skins.

Blue grapes are feeding and blood purifiers, too rich for those who suffer from the liver.

Tomatoes, higher nerve or brain food and waste, no heat. They are thinning and stimulating. Do not swallow skins.

Juicy fruits give more or less the high nerve or brain, and some few muscle food and waste; no heat.

Apples supply the higher nerve or muscle food, but do not give stay.

Prunes afford the highest nerve or brain food, supply heat and waste, but are muscle feeding. They should be avoided by those who suffer from the liver.

Oranges are refreshing and feeding, but are not good if the liver is out of order.

Green figs are excellent food.

Dried figs contain nerve and muscle food, heat and waste, but are bad for the liver.

The great majority of small fresh seed fruits are laxative.

All stone fruits are considered to be injurious for those who suffer from the liver, and should be used cautiously.

Lemons and tomatoes should not be used in cold weather; they have a thinning and cooling effect.

Raisins are stimulating in proportion to their quality.

The Salt Habit.

The use of salt as a condiment is so general and so universally believed in as necessary that we rarely hear a word against its excessive use, but there are a multitude of persons who eat far too much salt—eat it on everything, on meat, fish, potatoes, melons in butter, on tomatoes, turnips and squash, in bread and on a host of foods too numerous to mention. To so great an extent is it used that no food is relished which has not a salty taste and this hides more or less the real taste, which is often very delicate. Now, the amount of salt required in the system is comparatively small, and if the diet has been rightly compounded very little is necessary. Some go so far as to discard its use altogether, but whether this is wise or not we will not here consider. What are some of the evils of excess of salt? They are to paralyze the nerves of taste, or to pervert them so they cannot enjoy anything which has not a salty flavor, and in addition there is a direct tax on both the skin and the kidneys in removing it from the blood. Whether the skin is harmed by this tax we do not know. Possibly it is not greatly injured,

yet we know that few people possess a healthy skin; but it is now pretty well settled that the excessive use of salt does irritate the kidneys in its removal and that the great number of cases of derangement and disease of these organs is due to this use. It takes only a little time to learn to enjoy many kinds of food without salt and we advise our readers and others to look into this matter and to eat and diminish the use of this condiment as far as possible. We believe they will be better for it.

Hints on Eating.

Rapid eating is slow suicide. Plenty of time should be taken. Dinner should be of a lighter nature in summer than in winter.

More gratification of the appetite is very likely to shorten life.

It is not good to dine when in a state of mental or physical weakness.

Two pounds of potatoes contain as much nutriment as thirteen pounds of turnips.

Light soups, light desserts and light meats should have the preference in warm weather.

Fish and oysters are easily digested. An hour or two of rest should be taken after the meal.

Abuse of the stomach at dinner will be repaid sooner or later by that punishment which comes to the glutton.

Vegetables and fruits are to be used most generally at that season of the year in which they naturally mature.

The Sick Room.

A tranquil mind is of the utmost importance to the patient, and consequently everything must seem to be moving smoothly and easily, no matter what difficulties the nurse may have to encounter. The invalid should not be allowed to feel any responsibility whatever about his own case. The sick-room should be kept scrupulously neat, and made as cheerful and attractive as possible, that the eyes of the patient may rest with pleasure upon his surroundings. The nurse herself may contribute to the agreeable environment if her own dress be simple and tasteful, and above all, conspicuously neat. All soiled dishes should be removed immediately after being used, and no food kept in sight. Even the medicine bottles need not be obtrusively in evidence. Stillness has in itself a power to soothe, and as all know, when the nerves are quiet, nature's healing processes go on without impediment.—Ladies' Home Journal.

Catching Cold.

A cold is popularly supposed to follow an exposure of the body or some part of it, to a low temperature. This belief, however, is not strictly true, for a cold may be brought on by a change of temperature in either direction, and "catching heat" would be the more correct expression. It is doubtless within the experience of everyone to have felt the stiffness of an oncoming cold soon after entering an overheated room. The sufferer blames the outside cold for this, but the real culprit is the thin inside heat, which is, perhaps, most potent for evil.

In summer as well as in winter, a cold often arises from exposure of certain portions of the body to a current of air, especially if the person is at the same time perspiring freely.

There are four points on the body which appear specially sensitive to the draughts. These susceptible areas, which some have aptly dubbed "cold spots," are the parts through which a chill most easily gets into the body. One is at the bottom of all colds; for the microbes which are believed to be the active agents in producing a cold cannot act as long as the nervous equilibrium of the mucous membranes is maintained. One of those cold spots which is so well known as to hardly need mention, is the back part of the head and neck. The feet constitute another cold spot, especially the toes, and the mouth and nostrils are also cold spots.

Concerning the mode of preparation, ripe fruits as a rule do not need to be cooked, and are much more palatable and equally nutritious in the uncooked state. The proper time to eat fruit is either at the beginning of the meal or between meals, when they aid digestion and exert the greater laxative effect. Taken at the completion of a meal, they dilute the gastric juice and tend to embarrass digestion.

Southern Folk Songs.

THE GOOD LUCK RABBIT.

If I catch dat rabbit in de graveya's grass
When de moon done hide him, Den, oh, my honey,
Den it's dat money—
Den money what I see in my dream!

Oh, Mister Rabbit
In de graveya's grass,
You's mighty purty,
Den you run too fas',
Den it's praise, God, honey,
Den I'll fin' dat money—
Den money what I see in my dream!

THE SUPERSTITIOUS BROTHER.

Do gray owl holler when de night git late,
Den I 'frad somebody gwine ter die;
Do lean cow 'lowin' at de garden gate,
Den I 'frad somebody gwine ter die!

Oh, believers,
Watch en pray!
It ain't much furder
Ter de Judgment Day!

De arnachal rockin' till it like ter fall,
Den I 'frad somebody gwine ter die;
When de ayin' ain't nobody in de chair at all;
Den I 'frad somebody gwine ter die!

Oh, believers,
Watch en pray!
It ain't much furder
Ter de Judgment Day!

MISS LINDY'S COLDNESS.

Las' time I see Miss Lindy
She hot, her head so high
She never know de way I go
Miss Lindy pass me by!

Oh, Miss Lindy,
Heh's yo' lover true!
De weddin' ring's a purty thing,
En de weddin' gown's for you!

Las' time I see Miss Lindy
My heart beat loud and fas';
She heah de sound, but don't look round,
En de weddin' gown's for you!

Oh, Miss Lindy,
Heh's yo' lover true!
De weddin' gown's in de town,
En de weddin' gown's for you!

—Exchange.

Intensive Farming.

The average yield of potatoes per acre in the United States is from sixty to ninety bushels. In the Island of Jersey—that little island of fine cows and superfine potatoes—the average yield of the latter is 333 bushels an acre, with instances not a few of yields of 500—600 bushels an acre.

On average the acre of land will yield 28,000 acres, with about 19,000 acres arable, and farms are very small, many of them containing three acres or less, and the largest has about fifty acres.

This makes the most intensive farming necessary, hence the yield of potatoes noted. Such results and such conditions prove that large farms are not necessary, and that, in fact, they may be of greatest disadvantage, particularly where not thoroughly cultivated. "Ten acres enough" is not so absurd a proposition as is generally supposed.—Farm Stock and Home.

Reconstructing the Face.

Half a century ago a child with the most distressing facial deformities was allowed to grow up a dread to himself and an object of pity to all of his associates. It was not deemed possible to correct these ills; indeed, nobody gave it any thought; there was about it. Within the past few years a branch of surgery that is of the utmost importance to humanity has been receiving special attention. And as the art of restoration stands at the present day, there is no excuse whatever for the hideous objects that were formerly looked upon as incurable, and therefore irreconcilable. All manner of changes are now made in the personal appearance. The harelip and distorted mouth are treated scientifically, and the face is restored to its normal condition and even greatly improved by the operations which these delicate instruments render necessary. Crooked noses are straightened, and ears that extend out from the head are skillfully put to rights with the most astonishingly gratifying results. Flat, humped or depressed noses are made symmetrical and even beautiful. Of course the treatment is more successful upon the young than when undertaken with those who have reached maturity, but even late in life it is quite worth while to have some of one's blemishes removed and to present to the world as good an appearance as possible.—New York Ledger.

Japan Plums, Peaches, Cherries, in Virginia.

I have been growing several varieties of Japan plums for several years, both in nursery and orchard. I have had the Kelsey Japan and Prunus Simoni in bearing for four or five years.

The Prunus Simoni has proved to be perfectly hardy in this section; it is a very shy bearer, very sour, and good for nothing except to cook.

Last year, I cut down all my Prunus Simoni trees, some of them four inches in diameter, which had not matured a dozen plums. Other trees of this variety planted in the neighborhood have done very little better.

This year, while the Japan plums were in bloom, I had a very severe freeze, which killed about nine-tenths of the blossoms on all varieties except the Kelsey; that variety withstood the freeze. One tree, with Japan plums is that they are likely to overbear, and it is very important when a full crop sets, that the fruit should be thinned. I have had limbs of Kelsey two or three feet long, resemble an ear of corn when the fruit was partly grown; the plums were weighed in as closely as possible all around the limbs. Of course the fruit could not mature unless a part was removed. The quality of the plums is good and sweet when the fruit ripens on the trees, and the plums grow very large here, considerably larger than home grown.

—A writer in the Harper's Bazaar.

"Here are a few letters I wish you would mail for me, dear," said Mrs. Tenspot to her husband, who was preparing to go out. As Mr. Tenspot took them, he glanced at the stamps, and asked: "My dear, why did you put 15-cent stamps on these letters? Two-cent stamps would have carried them." "I know it," replied Mrs. Tenspot, "but how would a stamp look enveloped of that lovely violet shade? This new stationery is of an artistic color, and I could not think of spoiling its effect with stamps which did not harmonize. These purple 15-cent stamps are the nearest match the postage office keeps."—Harper's Bazaar.

Red June is a week or 10 days earlier than Abundance, and about two-thirds its size. I think that it will prove a valuable plum for this section. The Abundance is a wonderful bearer ordinarily, commencing often the next year after planting. It is good in flavor, very sweet and fine for eating.

Every one that eats them is won over of the tree.

The Burbank is a week or 10 days later than the Abundance, a little larger, but not so good quality. The Orient and Sultan are of medium size, and quality very good. I had a tree of the Orient three feet tall that bore fifty plums.

As far as tested in this section, the Abundance and Burbank stand the highest, both for quality and productiveness. Two trees of the Abundance in the neighborhood, planted four years ago in a chicken yard, bore 224 bushels of plums, each the third year from planting and the plums sold for \$14, with enough for family use. This year, the crop on the two trees was eight bushels. The owner sold \$16 worth, canned one bushel, gave away one-half bushel, and had enough besides for family use.

I have examined the Japan plums this year to see the effect of the curculio, and have caught a number of the pests while on the plums at work. I find that, while they are not quite curculio-proof, they withstand the attacks of the curculio much better than the Gages and most other plums.—Rural New Yorker.

Mosquitoes.

To get rid of these companions of man has long occupied the minds of scientists as well as housekeepers, and a word from them will prove a boon to suffering humanity just now. The simplest and most efficacious method of killing them is to pour kerosene oil on the surface of the ponds where the larvae are developing. A very small quantity is sufficient to disturb their breathing apparatus, and they very soon drown. Dr. Dimmick tried this last spring. He poured two drops of crude petroleum in a tub of water, which was fairly alive with the wrigglers, and in a very short time afterward nearly every one was dead. This remedy has been tried in the Catskill Mountain region, where the presence of mosquitoes has done serious harm to the summer hotels, and it has proved successful.

The smudge of smoke has been found the best thing by campers to rid them of the pest, though this is not always sure. Fishermen and those frequenting swamps have found that a very useful way is to cover the face and hands with aromatic ointments, as the best way to repel the insects.

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—Denver Field and Farm Notes.

Colorado's fruit crop increases in a geometrical ratio. This year it will be four times greater than last year and the '98 crop will be sixteen times larger than the crop of '97. Solid fruit trains will be needed this season from the Western slope to Denver.

—Among the prettiest of the native flowers is the little crocus, luce circum. It is one of the first to bloom in spring, the white flowers making a pretty display along the roadsides. It is easily cultivated and cared for. Very few of the novelties offered in the florists' catalogues compare with it for beauty.

—Cherry trees are less affected by insects and diseases than any other fruit trees we have planted. They are not subject to blight, the gourds do not attack the fruit. Even the leaf roller prefers the flavor of other foliage. The birds seem the most damaging in eating the fruit, yet they are not plentiful enough to cause serious injury.

—Spices. Van Houtte is a beautiful shrub at this season of the year, just at the proper time to help out with memorial decorations. It is hardy in any part of the state.

—Given a market, there is nothing more profitable than asparagus. It is of easy culture, comes earlier than any other vegetable and helps fill out the space between hay and grass.

—A market editor at Colorado Springs tries to make it appear that strawberries from

Green's Fruit Grower.

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they will advise us. We will at all times
give our personal attention to any complaints
which we receive.

Entered at Rochester Post office as second class mail
matter.

ROCHESTER, N. Y., NOV., 1897.

The circulation of Green's FRUIT GROWER
is larger than any other horticultural
paper published in America.

EDITORIAL.

Please favor us by notifying us by postal
card in case you are getting more than
one copy of Green's FRUIT GROWER. This
occurs now and then on account of similarity
of names, etc. Kindly give this your
attention and thus greatly aid us.

Monarch Plum.

This new plum is one of the latest
varieties, ripening about October 1st. It is
very large in size, handsome reddish
purple skin; yellow flesh, free stone. The
tree is a vigorous grower. I have just
visited trees which have loaded down with
large and beautiful specimens of the Mon-
arch plum. The quality is as good as Lombard.
The Monarch plum has been recom-
mended by the Geneva Experiment Sta-
tion, S. D. Willard, and other eminent au-
thorities for a market variety of large size
and great productiveness.

About Sending Checks.

Our subscribers often send individual
checks on their local banks for 50c., \$1.00,
\$1.50, etc., without considering that these
checks must be sent back to us. We
draw upon, costing us postage, and that
the bank makes a charge for sending us a
draft on New York in return. Thus it will
be seen that it costs us considerable money
and time to get our pay on these individual
checks.

Our Inheritance.

Did it ever occur to you that those who
are living now inherit all the inventions,
all the improvements in hygiene, all the
literature, all the religious experience, and
in fact all that the world has learned up
to the present time from the earliest his-
tory of man.

It is a wonderful thing to be born in such
an age as this. The people of one age
commence building where the people of
previous ages left off. The people of this
age make use of everything that has been
done by all the previous ages.

How crude were the first productions of
man. His tools were of stone, his weapons
of wood, his houses mountain caves, his
clothing skins, but each generation im-
proved upon the generation that went before,
and yet it may have been a hundred
thousand years before the present ad-
vanced condition of civilization was
reached.

No one generation invented the locomo-
tive or the telegraph or the steamship, or
the telephone. As the intelligence of each
generation increased the more recent gen-
erations more generally approached these
great inventions. While Edison was the
first man to develop electric lights there
were many others on the eve of making
the same invention, were studying along
the same line, and rapidly approaching the
same perfection. It is the same with all
inventions. The first machine, like the
first reaper, was a clumsy affair. The
next inventor improved upon it; the next
made a still better machine, until we have
a model of the present, which may be also
improved upon in the future to come.

The Peach Crop for 1897.

This is a great peach year over a large
portion of the United States. Peaches are
now planted in orchards of from 100 to
500 acres each. It would seem to the un-
initiated that such orchards would supply
the world, but in fact they supply only a
small portion of the demand.

While prices for peaches have been quite
unsatisfactory, as a whole, in the height of
the season when Early Crawfords came
in, and the prices for peaches promptly
advanced to more than double or treble
the lowest prices that had previously prevailed.
Here is a point for prospective peach
planters. Aim to have your peach crop
come in throughout a long period instead
of having them all ripe at one date. We
have now early peaches, like Triumph and
Greensboro, which ripen with Alexander,
and other later varieties that lengthen the
season to October.

THE ELBERTA PEACH.

This is the first season that large orch-
ards of Elberta have fruited around Roch-
ester. Fruit growers are wildly en-
thusiastic over the remarkable variety.
The peach is extraordinarily large in size.
The size of Elberta surprised everyone.
It has not been proclaimed to be the extra-
ordinary large, but it is the first largest peach
marketed at Rochester this year. Even
on trees that received no cultivation what-
ever the fruit of Elberta was large and
finely colored, golden yellow skin covered
with a bright crimson blush. There seems
to be a few, if any, dull peaches upon
trees of Elberta. The fruit is uniformly
large and handsome.

A remarkable peculiarity of Elberta is
that the fruit can be picked weeks before
maturity, and it will ripen up nicely, with-
out rotting. I have yet to see the first
ripe peach upon an Elberta tree. It is
undoubtedly the best of all peaches for
long shipment. The Elberta is rather a
longish peach, not so round as Crawford.
Otherwise it might be mistaken for a
Crawford. I do not think in quality it
quite equals the Crawford, but the quality
is acceptable and good. The flesh is yellow
and juicy, and it is a free-stone. The tree
is a vigorous and upright grower, exceeding-
ly hardy in bud; harder than Mountain
Rose, Stump or Oldmixon.

A peach grower near this city had sev-

eral acres of Elberta in bearing. Most of
the noted Pomologists of Western New
York visited this orchard and were
much struck by the quantity, beauty and size
of Elberta, while this orchard was selling
at double the price of ordinary peaches.
The peach grower says he will set 12,000
trees of Elberta next year.

I take considerable pride in the success
of the Elberta peach since I was among
the first to call attention of fruit growers
to this remarkable variety. Several years
ago I visited with J. H. Hale the orchards
of Samuel Runf, in Georgia, which is the
home of the Elberta peach. There I saw
the original Elberta tree. It was one of
thousands of seedlings, and the only seedling
out of the thousands that was considered
of value. All the others were cut
away and burned, this alone left to stand.

Lecture by an Expert of the
United States Pathological
Division on Recent Ex-
periments.

Reported for Green's FRUIT GROWER.

Dr. Erwin F. Smith, pathologist of the
Division of Pathology and Physiology, of
Washington, D. C., delivered last night
what he called an off-hand talk before the
Rochester Academy of Science. I have
long known of Mr. Smith as a careful and
thorough student of diseases of plants and
trees. He has during the past few years
made a special study of peach yellows.
Perhaps since the world began there have
been such careful studies as Dr. Smith
has made in this department. I asked him
last night which are the most important
practical points of your investigations
of peach yellows.

I asked Dr. Smith if he could suggest
any remedies. He replied: "I have found
the rot in cabbage, causing only where
beds in which plants were grown had been
occupied for several years. I also found
that cabbage fields were infested only when
fields had been planted to cabbages again
and again." In his opinion cabbage rot
could be prevented at present by using new
beds each time for propagating the plants,
and having a rotation of crops never
planting cabbage after cabbage. I infer
that he would recommend the same
method of prevention with tomatoes, and
with potatoes where rot has been dis-
covered.

Dr. Smith was asked if any one variety
of cabbage was less attacked by blight than
another. He said he had at one time
thought the Flat Dutch was less attacked,
but subsequently he found this also at-
tacked; therefore he dare not recommend
any one variety over another. As a pre-
ventive he would also recommend cutting
off the diseased leaves immediately when
the blight first attacks either the
tomato or other plants.

I asked Dr. Smith if it had been actually
proven that peach blight was caused by
bacteria according to present theory. Even
so practical men as Patrick Barry had
doubted this, but he was the prime
cause, though bacteria might enter in
method of culture, fertilization, or other
treatment. The only thing to do is to dig
out the root and branch, and burn it.
I have not yet satisfied myself with studies along
this line, and intend to pursue them fur-
ther. So far the practical results of my
investigations are as follows: I have found
that peach yellows cannot be cured by
any methods of culture, fertilization, or other
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WOMEN'S DEPARTMENT

"The hand that rocks the cradle
rules the world."

Womanhood.

Dimples lengthened into lines,
Lines of beauty still,
Silently portraiture strength
In a woman's will.

Brow that sorrow's lips have kissed,
Tough, not kind;
Stamped with quiet majesty,
Felt, but undetected.

Eyes that charm and fetter one
With a nameless bond,
Borrowing the hidden power
Of the soul beyond.

Power to live and keep the heart
Undeceived and pure,
Power to make man tears would start,
Sob and endure.

Happiness, subdued but deep—
Lies in joy above;
Found in sacrifice of self,
Born of boundless love.

Bending life's best energies
To the highest good;
Gentle, beautiful, sublime—
This is womanhood.

Sarah Louis Mitchell.

ONLY A WOMAN'S THOUGHTS

November Beauties.

Written for Green's Fruit Grower by our
regular correspondent, Sister Gracious.

Of course, there are chrysanthemums. The days are dark, the sun羞涩 of shining, and mud and splash under foot. "Regular sunrise," as one poor dyspeptic declares, and you may be assured that you downcast will pass your hours every day. Now a "mum" full of golden flowers placed in your window, will be sure to bear many a hopeful message. Another place for the "Golden Mum" is the center of the tea-table, when cups come in, tired and dispirited. It will be a gloom dispeller, and give something pleasant to talk about. A man party this month will please the young folks. Perhaps you will be, if you can find them a pretty idea. "We have single flowered chrysanthemums by each plate, with a pin, so the guests can fasten them to the dresses after the meal; while seated around the table, distribute strips of paper and pencils and tell them a will be given for the best and worst rhyme for "Chrysanthemum." It will also be interesting and cause lots of fun to tell the young folks the name is not appropriate for these November beauties. It's too long, hard to pronounce and spell. Suggest that each write a prettier name, and let the company decide the best. Lastly, make up your mind to raise them. Seed for the small ones in the spring, and up about them, and get the experience of your friends. These long winter evenings will be a good time to look up their history, and of their native country, Japan. You will be surprised how much you will find about them. Go to the chrysanthemum shows and enjoy the grand specimens, some of them as large as tea plates, even though your own are the size of a quarter of a dollar. They are cranky plants for amateurs, but yours will be better every year, if you keep your eyes open and persevere.

LONGER EVENINGS.

Now the lamp is lit earlier, the children are older, and come trooping in, merry and noisy. Let me begin with the tea-table, for that is where the hungry children first assemble. There is always a fascination when the lamp is first lit and placed on the table cloth. Let us decorate it by a bunch of bright fall flowers, lilies or asters, and have the grapes on a pretty plate. Father comes in, tired, and perhaps cross, but the pretty, well set table, brings a smile. The children are pleased, and are more apt to put on company manners, and the meal passes off cheerfully. But there is still an hour to go, and the children are as much as the older ones would like to sit quietly, read the paper, or rest, it may be "a child's hour," and make the home happy they won't want to stray away. It is a temptation to keep the parlor pretty, but don't shut it up. Better pack away the daily evenings, and let the little ones have a chance to dance, but right at home, under the parents' eyes, it is graceful and fascinating to children. I know one family, who have taken the oldest girl, and grandma, the ten-year-old boy, and a frolic that they have in Virginia, to the tune on father's violin. Afterwards, the children are glad to sit down for a quiet time, and games are always provided or books for those that will, but many cannot be made to interest themselves even in a story. They want "make" something and this ought to be encouraged. For a holiday gift give tools and a scroll saw, it is possible. This last may be a good investment, if it keeps the last at home. Give him words of encouragement, as if his efforts at work or chicken coop making are crude, the girls handle tools also. There

are many light carpentering jobs that women might do, and get pay for, but generally they are awkward with hammer and saw. There is one delight of spending the long evenings, and that is reading aloud. But this is so rarely done that a good reader possesses a rare accomplishment. It will take time, and patience to teach a child to read entertainingly, but it pays.

CATCHING COLD.

November brings its sudden changes, cold storms and wet walks, and "catching cold" is the number that meets us at every turn. Now we must run this errand, and it is worth while spending time, thought and money to do so. Many women think it is shutting out the air from rooms that keep us from falling into the clutches of Mr. Grippe and his family, but it is a judicious letting in of pure air that keeps us well. Never let a current flow over the bed, but raise a distant window, an inch or two, but better still, open it in the next room. It is queer to say that an open casement makes one sleep warmer, but such is the fact. Pure air makes rich blood and healthy blood flowing through the body wards off the feeling of chilliness. Another bad habit is sitting near the stove. The more you do it the more you have to do. Encourage the body to get up its own warmth by exercise every day, however cold, in the open air, warmly clad with flannel next the skin and woolen stockings, with thick shoes. Some women while bidding a friend good-bye, will stand on the steps five minutes for a last talk with no extra wrap. A prolonged leave taking is a bad habit and many a cold, cough, coffin, have been the result. The sitting room with its base burner heat, is often too hot, and dry for health, and going out into the cold air brings on the chilliness that is the forerunner. Always keep a kettle of water on the stove, for that makes the air more moist and healthy. Bedding and window plants do beauty, and to make windows more durable, they help by the warmth given off by their leaves to make the air in the sitting room more pure, and we are less liable to receive harm, when we go out. Eating over much will produce all the symptoms of a cold, and it is worse than useless to take a little whisky as a preventive. To sum it all up: Be sensible. Wear flannel next the skin. Go out doors and exercise every day. Do not over-eat, or drink, and above all, have pure air in the house, day and night.

THE PASSERBY.

Most women will give a crust of bread, at least, to the hungry tramp that comes to her back door, but does she think of the hundreds of passersby that may not be hungry, but are glad of a cheerful message given by a plant in the window? I had one chrysanthemum, covered with golden flowers, a most cheerful looking object, and it seems as if it came in November on purpose, when it is all clouds above, and muddy splash under foot. Mine stood in the front window, and certainly cheered the household. A friend stopped me in the street long after she had left your chrysanthemum did me one day last year. She was returning from the funeral of a dear friend and the gloom in my heart matched the sky, and the mud below. Your flowers were like small suns, and after gazing long at them, I went on my way more cheerful. Tulips are among the best window brighteners, and it is surprising they are not more seen in sitting rooms. I would rather have a box of the cheerful darlings in my window through February and March, when we are so long for spring, than a large bed of them outside, in May and June. They are truly hard time busters, and now they are such lovely colors. A. T. Parrot and Bizard are favorite with their twisted and wavy petals, they add much to the beauty and interest of your windows. They will flourish in anything, old cups, bowls, tumblers or vases, only needing a few weeks in the dark after potting to form roots. The young folks admire the narcissus, and the little beauty, the single Jonquil calls forth many a smile as it passes by each plate, with a pin, so the guests can fasten them to the dresses after the meal; while seated around the table, distribute strips of paper and pencils and tell them a will be given for the best and worst rhyme for "Chrysanthemum." It will also be interesting and cause lots of fun to tell the young folks the name is not appropriate for these November beauties. It's too long, hard to pronounce and spell. Suggest that each write a prettier name, and let the company decide the best. Lastly, make up your mind to raise them. Seed for the small ones in the spring, and up about them, and get the experience of your friends. These long winter evenings will be a good time to look up their history, and of their native country, Japan. You will be surprised how much you will find about them. Go to the chrysanthemum shows and enjoy the grand specimens, some of them as large as tea plates, even though your own are the size of a quarter of a dollar. They are cranky plants for amateurs, but yours will be better every year, if you keep your eyes open and persevere.

A Good Thing to Remember.

An unmarried woman, in writing to the New York Herald, in answer to the question, "Why don't men marry?" remarks that neither sex belongs exclusively to the 'angel nor devil family.' If married folk always bore in mind perhaps wives would receive more reward for good deeds, and husbands more mercy for bad ones, and would be fewer unhappy marriages.

Flavoring Flour.

Very few housekeepers know how easily flour absorbs the odor of lime, oil or many other things placed near it. It should be stored in a dry, cool place. Flour barrels should be placed on a rack that lifts them a few inches above the floor. This prevents their damping the bottom of the barrel, as they often set on the floor. Flour barrels should be kept closely covered. It is not sufficient to merely cover them loosely with an ordinary wooden cover, though this is better than nothing. The wooden cover keeps out the dust, but an airtight cover, such as are manufactured for this purpose, keeps out atmospheric odors as well.—New York Tribune.

The only special care about washing a crash skirt is to see that the material is handled as far as possible "on the straight"—that is, with the warp and weft threads of the goods. The skirt should be hung by the middle of the front top and bottom. It should be ironed damp from the wrong side, and with the thread always. If the new material stretches instead of shrinks, it must have been much weighted by dressing.

Short Answers.

The best pie plates are those of tin with straight sides about an inch high, so there is no danger of the contents of the pie running over. Porcelain-lined pie plates do not bake so well on the bottom as those of tin. The old-fashioned pie plate of yellow stoneware is a mistake. It will take time, and patience to teach a child to read entertainingly, but it pays.

CATCHING COLD.

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Where Part of The Trouble Lies.

A writer in the Boston Herald on that most prolific subject, domestic service, seizes a large horn of the dilemma in rational way in the following paragraph:

"But, after all, the root of the trouble largely lies in the small esteem which has of late years been given to household service. Anything else in the way of employment has been preferred to it, and the term 'house girl' has been one of almost contempt by other working girls. The first thing to be done is to give household labor its proper dignity and make it a respectable calling. There is surely no more highly important service in the world than that of making people happy and comfortable. We have come in this age of the world to take so many things at false estimates that we really have lost the sense of true values. By a most absurd misplacement of values in the list of occupations and callings, this household labor has been put at the very foot of the bread-winning employments. Instead of being made the highest of all services, it has been customary to rank it as the lowest. Now human nature, in every phase, is so constituted that it is never satisfied with commanding the lowest place: the struggle is always uppermost. So, after all, it is not strange that the ambitious girl should decline to take the most humble position and rank among the less intelligent set, that, as a rule, makes up the mass of the servant class, but that she should strive for the highest position. When the domestic branch of labor is properly dignified and given the place which belongs to it; when it is recognized that no service can bring and ability more necessarily be brought, then, and not until then, will the class, as a whole, be improved. It is not a question of financial values, but of personality. It is not a question of rationality, but of fitness. Adjust things as they belong, and the key to the situation is found."

Hints to Housekeepers.

A cure for hiccoughs is to draw in as much air as the lungs will hold, and retain it as long as possible.

Blitting the lips is not only a bad habit, but it will in time impair the shape of the mouth and give the lips a parched, cracked look.

When nervous, tired and irritable, get into a hot bath for a few moments, then rub down well and rest in bed from twenty minutes to one-half hour.

Surf bathers and those who dive do not sufficiently heed the warning for either amusement the ears should be protected from the water by cotton plugs.

Save fruit pits, those from cherries, plums, peaches and apricots, towards the autumn open fire. A handful then tossed on the coals will add a glowing flame and give out a pungent aromatic odor.

A seedling plant of the Victoria regia water lily has leaves no larger than a penny. In the space of four or five months it bears fourteen or fifteen leaves of over six feet in diameter.

The hairspring of a watch is a strip of the finest steel, about nine and one-half inches long, one-one-hundredth inch wide and twenty-seven ten-thousandths inch thick. It is coiled up in spiral form and finely tempered.

Godalming, Surrey, England, has a gable black and white cat, which, after being sent to Leeds by railroad, returned to its former home on foot, taking six weeks to make the journey of over two hundred miles.

A procession of icebergs sent against the surface of the sun would melt at the rate of 300,000,000 cubic miles of solid ice a second, and its heat is estimated to produce a force of about ten thousand horse power to every square foot of its surface.

These are the nights when the wise mother will look very leniently on the child who plays past his bed hour. If part of the long, hot afternoon can be passed in sleep and the cool, restful evening a little later, it will be a beneficial change for the little folk.

Corn starch will remove grease satisfactorily. Rub a little on the dry corn starch into the soiled place, and it will at once begin the process of absorbing the grease. Brush the first off carefully from the garment, and proceed in the same way with more until the disfiguring stain has entirely disappeared.

To prevent lamp chimneys from cracking, wrap each chimney loosely but entirely in a cloth; place them together in a kettle and cover with cold water. Bring the water to a boil, continue the heat ten or fifteen minutes and then cool off. By this tempering they are toughened again.

Undoubtedly the most delicious way to serve corn is on the cob, but the pleasure of eating it thus has often been spoiled by burned fingers. This discomfort is entirely done away now with, for a silver corn holder, much on the style of the asparagus holder, is now laid beside each plate. With it the cob is lifted and conveyed to the mouth.

It is claimed that the best mouth washes may be bought in tablet form. Two of them can be made into a wash that will last a week. Orris root tablets are excellent, imparting the fragrance of violet. Rub the teeth scrupulously clean and at the slightest hint of decay fit at once to the dentist—the best one that can be found.

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GREEN'S FRUIT GROWER.

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**A WONDERFUL
Botanical Discovery.
The Kava-Kava Shrub.**

A FREE GIFT OF GREAT VALUE

To all sufferers from Kidney or Bladder Disease, Bright's Disease, Diabetes, Dropsy, Rheumatism, Gout, Pain in Back, Female Complaints and Irregularities. A small quantity of this shrub will cause an improvement in the condition, and is a cure for the above mentioned diseases.

A few weeks ago our readers were informed of the discovery of the Kava-Kava Shrub, a new botanical product, of wonderful power in curing certain diseases. The Kava-Kava Shrub, as botanists call it, *Piper Methysticum*, grows on the banks of the Ganges river, East India, and probably was used for centuries by the natives for its medicinal properties. It became known to civilization through Christian Missionaries. In this respect it resembles the discovery of quinine from the Peruvian bark, made known by the Indians to the early Jesuit missionaries in South America, and by them brought to civilization. We have previously quoted Dr. Archibald Hodgson, the great authority on these diseases in which he describes the sufferings of both Hindoo and white missionaries and soldiers on these low, marshy swamps and jungles on the Ganges.

"Intense heat and moisture acting upon decaying vegetation renders these low grounds on the Ganges most unhealthy districts. Jungle fevers and malaria assails the system, and the urine thick and dark-colored." Life hangs in the balance. Then when all modern medical science fails, a tiny sprig of this Kava-Kava shrub, a decoration of this wonderful botanical growth relieves the terrible ills of the Indian climate, the fever and other ills of the natives sets in etc."

Our readers already know of the bringing of this wonderful shrub to Europe and America, and the success of the medicine Alka's, which contains the active principle of the Kava-Kava Shrub, only in a much more concentrated and powerful form. We are glad to record the numerous extraordinary cures wrought by this great discovery.

Of all the diseases that afflict mankind few are more painful and dangerous than the case. It is but natural that the discovery of the Kava-Kava Shrub, Nature's Positive Specific Cure for Diseases of the Kidney, is a welcome gift to science and endorsed not only by the public, but by the most eminent physicians of both Europe and America.

It is asserted by a correspondent of the *Gardener's Chronicle* that wasp not only devour ripe fruits, such as apricots, grapes and pears, but that they extend their ravages to rosebuds and blown roses. The blossoms and buds covering two flourishing rose bushes belonging to him were destroyed by the wasps in spite of the battle which he waged with the insects for the preservation of his roses.

Statistics also indicate that the average duration of man's life has been increased through modern improvements in medicine and hygiene are always interesting. Among the most recent instances is a table prepared by a correspondent of *Nature* showing a steady increase in the proportion of sexagenarians among the population of Canada. In 1851, out of every one hundred persons living in Canada, 3.70 were sixty years of age or over. In 1871 the percentage of sexagenarians in the population had increased to 4.00. In 1871 it had become 5.10, in 1881 6.32 and in 1891 7.01.

The Ministry of Leaves.

In the body of an animal there is always going on a process of slow combustion; oxygen taken in by the lungs enters into union with carbon derived from the food, carbonic acid is formed, and heat evolved. Every atom of carbon disengaged from oxygen by the plant represents an expenditure of heat upon the leaves equal to that developed during its combination with the oxygen in the animal system. In the leaves that have been absorbed, it is heated, latent, and is stored up as potential energy. When we burn a piece of wood, not only is the carbon which the tree originally extracted from the air restored to the atmosphere in the form of carbonic acid, but the heat given out by the burning wood corresponds exactly to the amount by which the sunbeams were chilled through the activity of the leaves while the wood was growing. Robbing the sunshine of its heat in this way, leaves must act as refrigerators and are really wonderful. Many others give similar evidence. Many doctors also testify to the powers of Alka's. Rev. John H. Wood of Sunset, Texas, a minister of the gospel of thirty years' service, was struck down with a severe attack of disease, after having been between life and death for two months, and all his doctors having failed, he took Alka's, and was soon well again. He now ministers strength, and is fulfilling his duties as minister of the gospel. Below we publish the portrait of Mr. H. C. Wood, an attorney of Lowell, Indiana, cured of Rheumatism. Kidney Disease. Bright's Disease. Bladder Disease. A hundred stand by Alka's. Mr. Wood describes himself as being in constant misery, often compelled to sit during the night on account of water in his bladder. He was treated by all his home physicians without effect and finally gave up. He was then sent to Alka's, Rev. A. Coburn of Waltham, Mass., aged 75, and an invalid sufferer for five years, was cured by Alka's.

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Fireplaces.

There is no reason for the extravagant prices set upon tiling by the retail dealers who sell it with mantelpieces. Excellent figured Minton tiles in fascinating patterns may be purchased for 60 cents a foot at wholesale dealers, and the plain white tile at half this price, making the average price of the tiling less than 50 cents a foot. An average hearth and facing contains from eight to ten feet. The actual cost of the tile is therefore \$4 or \$4.50. A clever workman who was already possessed of a chimney and a fireplace which had never been fitted up for a fireplace ordered the proper amount of tiling at an importer's, as anyone can do. She chose a dainty gray, blue and white tile to match the fitting of her room. She purchased a pretty modern mantelpiece of pine to replace the cumbersome old mantelpiece. The new mantel, with its small bevelled mirrors and picture-top, cost \$10; the tile cost \$4.50. A mason laid two courses of brick to receive the tile for the hearth. A carpenter set the mantelpiece in place. An ordinary workman laid the tiling in cement and sand, using two parts of sharp sand to one of cement. The tile was laid evenly with a straight edge board. A lining of tile was set in plaster of Paris in its place around the fireplace. The mantelpiece was daubed painted in ivory white and gold. The only expensive item in the outfit was the inconspicuous brass flange which held the tile in place and bordered the fireplace. This was \$8. Without this necessary part of the fireplace fitment, the mantel, tiled facing and hearth, finished and decorated, cost less than \$20. The fireplace has been a great source of comfort and pleasure, as the pine knots blaze in its ample depths or the driftwood throws out luminous colors.—New York Tribune.

The Phoebe Bird.

Among the early spring arrivals at the North, none are more welcome than the phoebe. Though naturally building its nest under an overhanging cliff of rock or earth, or in the mouth of a cave, its preference for the vicinity of farm buildings is so marked that in the more thickly settled parts of the country the bird is seldom seen at any great distance from a farm house except where a bridge spans some stream, affording a secure spot for a nest. Its confiding disposition has rendered it a great favorite, and consequently it is seldom disturbed. It breeds throughout the United States east of the Great Plains, and winters from the South Atlantic and Gulf States southward.

The phoebe subsists almost exclusively on insects, most of which are caught upon the wing. An examination of eighty stomachs showed that over 93 per cent. of the year's food consists of insects and spiders, while wild fruit constitutes the remainder. The insects being chiefly to noxious species, and the birds and insects both, the beetles and wasps. Grasshoppers in their season are eaten to a considerable extent, while wasps of various species, many flies of species that annoy cattle, and a few bugs and spiders are also eaten regularly. It is evident that a pair of phoebes must materially reduce the number of insects near a garden or field, as the birds often, if not always, raise two broods a year, and each brood numbers from four to six young.

The vegetable portion of the food is unimportant, and consists mainly of a few seeds, with small fruits, such as wild cherries, elder berries and juniper berries. The raspberries and blackberries found in the stomach were the only fruits that might have belonged to cultivated varieties, and the quantity was trifling.

There is hardly a more useful species than the phoebe about the farm, and it should receive every encouragement. To furnish nesting boxes is unnecessary, as it usually prefers a more open situation, like a shed, or a nook under the eaves, but it should be protected from cats and other marauders.—U. S. Bulletin.

Cherries.

Fruit of all kinds is so plentiful in our country that there is not the pains taken to preserve it that there is in Europe, where it is scarce, and where the means to secure a living have to be searched for closely. Recently an English horticultural paper gave an account of the mode adopted to secure the cherry crop in some places there. Birds, it seems, are so destructive that cherries have to be enclosed with netting when the fruit is ripening, to secure the crop. Dwarf trees are planted the better to permit of the covering. Sometimes currants and other fruits are netted in the same way, and when so protected the fruit lasts a long time. Trees trained to walls, as so many are there afford the chance to cover them easily, and it does not take long to net a long stretch of wall. The sweater cherries—the Hearts and Bigarreans—are scarcely hardy enough for our far Western States. The Dukes and Morellos are better. The Morello is harder than any of the others, being of a different species, and so it is the relative of many wild cherries and other fruiting shrubs. The variety known as English Morello is particularly hardy. It is a deep black cherry, and as tart as it can be. It is this tart character that makes it such a good keeper. Though ripening in July, it will hang on the tree a month later. This makes it a desirable sort for the home garden, as well as its being of dwarf habit. All the tart cherries are of smaller growth than such sweet ones as are found in the Heart and Bigarreau classes. Included in the tart list is sometimes placed the Duke, but these are not wholly tart. They are but partly so, closing the gap between the sweet and the sour ones. The one cited may Duke represents the type. The fruit is good either for eating out of hand or preserving purposes. In the order of hardness, having in mind the colder States, the Morello leads, next the Dukes, and then the Hearts and the Bigarreans. In the early settled portions of the older States there are numerous wild cherries in the woods and along fence rows, from stones dropped by birds from fruit stolen from garden trees. Many of these bear excellent fruit, but, strange to say, of the hundreds of such trees I have seen in my time, not one represented a good cultivated one. The fruits sometimes are sweet as the sorts in gardens, but are never as large. The fruit of these trees afford a rich treat to robins. Where Morello cherries are grown the fruit always escapes the ravages of birds when wild trees are near, the sweater fruit of the latter attracting them from the Morello trees. I should say here that the Morello is the proper name of what are commonly called pie cherries, and that the wild ones spoken of are known as Mazan cherries, which are not over particular as to situation. They may be found in their wild state in almost any situation, save a right down wet one, and in all kinds of soils. In the Middle States, early Fall is deemed an excellent time to plant them.—Practical Farmer.

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